



## Tooshkaagu waxaa uu kaa saacidayaa in ka badan helitaanka waxyaabaha aad doonaysid.

Your flashlight will help with more than just finding your way.

- Waxaad isticmaashaa calaamadaha soo socda si aad dad ula xiriirtid : 1 mar shid adigoo ula jeeda "Haa", 2 mar shid adigoo ula jeeda "Maya", 3 mar shid adigoo ula jeeda "Gargaar!"
- Tooshashka waxaa ay aad u anfacayaan in qof lagu soo jeediyo, ama in gawaarida lagu kala hago.
- Waxaad tooshashka u adeegsataa in aad wax ku aragtid IYO IN LAGUUGU ARKO.

## Foorida iyo tooshka waa nidaam shahsiga siinaya feejignaan & digniin.

### U isticmaal tooshka:

- In lagu arko/ in aad qof ku soo jeedisid
- In aad mugdiga wax ku aragtid
- Qalab aad dad kula xiriirtid
- Qalab hagitaan

### Waxaad foorida u isticmaashaa :

- In aad gargaar ugu wacatid
- In aad digniin ku bixisid
- In aad dad kula xiriirtid
- Qalab wax lagu tilmaamo

## Fooridu waa shey lagu xiriiro oo muhiim ah.

- Isla furaha ayaa loo adeegsan karaa foorida : 1 mar foori adigoo ula jeeda "Haa", 2 mar foori adigoo ula jeeda "Maya", 3 mar foori adigoo ula jeeda "Gargaar!"
- Dhawaaqa foorida ayaa ka fog halka uu codkaagu gaarayo, islamarkaana muddo dheer soconaya
- Waxaad foorida u adeegsataa calaamad digniin ah.



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